Roasted Chickpeas

Source: Adapted from Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Warm, earthy spices coat the chickpeas, and roasting enhances the flavors.

About the Recipe

153 Calories · 7.6 g Protein · 7.1 g Fiber
Snack
Gluten-free · Nut-free

Chickpeas are high in fiber, which can help control weight and lower cholesterol.

Ingredients

Makes 4 Servings

- 1 15-oz (228-g) can chickpeas, rinsed and drained
- 1 tbsp (15 mL) apple cider vinegar
- 1/2 tsp (2.5 mL) smoked paprika
- 1/2 tsp (2.5 mL) ground cumin
- 1/2 tsp (2.5 mL) cinnamon
- 1/2 tsp (2.5 mL) dried basil leaves
- 1/2 tsp (990 mL) pure maple syrup
- 1/4 tsp (1.2 mL) iodized salt

Directions

1. Preheat the oven to 425 F (218 C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine chickpeas, vinegar, paprika, cumin, cinnamon, basil, syrup, and salt. Toss to combine.
3. Spread evenly on the prepared baking sheet and bake for 15-20 minutes, or until the marinade is absorbed. Serve warm or refrigerated.

Nutrition Facts

Per serving:
Calories: 153
Fat: 3g
- **Saturated Fat:** 0.2 g
- **Calories from Fat:** 16.6%

Cholesterol: 0 mg
Protein: 7.6 g
Carbohydrate: 25.1 g
Sugar: 4.8 g
Fiber: 7.1 g
Sodium: 156 mg
Calcium: 57 mg
Iron: 1.4 mg
Vitamin C: 0.1 mg
Beta-Carotene: 101 mcg
Vitamin E: 0.4 mg